

OLD-TIME COLD CURE— DRINK HOT TEA!

Get a small package of Hamburg Breast Tea, or as the German folks call it, "Hamburger Brust Tee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at a time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion of the blood vessels, thus breaking up a cold.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, ether-free, safe and harmless.

RUB RHEUMATISM FROM STIFF, ACHING JOINTS

Bob Soreness from joints and muscles with a small trial bottle of old St. Jacobs Oil

Stop "dozing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Oil" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain. "St. Jacobs Oil" is a harmless rheumatism cure which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache, neuralgia.

Lumber up! Get a 25 cent bottle of old-time, honest "St. Jacobs Oil" from any drug store, and in a moment you'll be free from pain, aches and stiffness. Don't suffer! Rub rheumatism away.

SAGE AND SULPHUR DARKENS GRAY HAIR

Brush this through faded, lifeless locks and they become dark, glossy, youthful.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture by asking at any drug store for a 50 cent bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take tablespoonful of Salts if Back Hurts or Bladder bothers—Drink lots of water.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they grow sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithine, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in the urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, soothing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or catarrh—relief comes so quickly.

OFFERS SERVICES TO SECRETARY GARRISON

West Pointer, New Metro Director, Subject to Country's Call
John W. Noble, director of Metro feature pictures, is a staunch and enthusiastic champion of preparedness for war, and with other retired army officers, has offered his services to Secretary of War Garrison.



JOHN W. NOBLE

rison in any capacity in which he can serve, in either peace or war. Mr. Noble is a former West Pointer and was severely wounded twice during his service as a lieutenant in the Boxer uprising in China, and again in the Philippines. Recently he gave over much of his leisure time assisting in the direction of an exhibition in New York, setting forth the advisability of increased national security and preparedness.

Mr. Noble is now busy directing a Rolfe-Metro production in which Grace Elliston will be starred. Miss Elliston has been a star in several big stage productions on Broadway, and is well remembered by theatre-goers for her excellent performance in "The Lion and the Mouse." This will mark her debut in pictures. Mr. Noble recently completed, in record time, the five-act feature, "One Million Dollars," in which William Faversham is starred.

Mr. Noble revels in the excitement of doing big things, and despite his enthusiasm in directing pictures, nothing would delight him more than playing a part in a big, real war game.

FAVERSHAM STARRED IN METRO PICTURES

Distinguished Actor Now at Work in "One Million Dollars"

William Faversham, in addition to being one of the most distinguished actors on the American stage, is far from being cursed with an enlarged idea of himself. At present Mr. Faversham is appearing in motion pictures, his next being "One Million Dollars," a



Rolfe-Metro feature now in course of production. Mr. Faversham first appeared in "The Right of Way," also a Rolfe-Metro feature motion picture. His success in "The Right of Way" was so great that he was immediately reengaged for "One Million Dollars," which is a picture of Americanization of the novel, "One Million Francs."

Work on "One Million Dollars" is going forward at top speed for Mr. Faversham must soon abandon photo-play production under the terms of a contract by which he is bound to appear on the speaking stage in his last season's dramatic success, "The Hawk."

Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition, beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the urine smells the flesh or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of Swamp-Root is soon realized. It is sold by druggists, in fifty-cent and one dollar sizes. You may have a sample bottle by mail free, also pamphlet telling all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper.

PERSONAL RESPONSIBILITY REAL AIM OF CONSTITUTION

EMPHATIC APPROVAL OF CONGRESS INTENDED AS THE FIRST STEP IN CONSIDERING NATIONAL AMENDMENTS

MUST ACT ON MERITS OF QUESTION

No Congressman Can Shirk His Personal Responsibility by "Submitting the Question" of Constitutional Amendment to State Legislatures, Says New York Post

Under the caption, "Congress and the Constitution," the New York Evening Post presents some facts worthy of the most careful consideration by every American.

First quoting a news dispatch, under a Washington date line, to the effect that Congress will be urged at its present session to submit the question of a national constitutional prohibition amendment to the states for ratification, the Post continues: The words, "submit the question," convey a false and dangerous view of the duty of Congress in relation to a proposed amendment of the Constitution. When such a proposal is presented to Congress, its duty is to consider it and pass judgment on its merits; and only in the event that the proposal is approved by a two-thirds vote of each house does it become a question with which the Legislatures of the several States have anything to do. Their share in the matter is solely in the nature of a check on the decision of Congress. That decision does not become operative until the Legislatures of three-fourths of the States have expressed their approval of it; but it is the act of Congress, and not the ratification by the Legislatures, that is the fundamental part of the proceeding.

Responsibility With Congress. As the final test of strength approaches, everybody interested realizes that a decision of crucial importance is about to be made; and when the vote is taken, it is the outcome of such a contest as befits an issue of fundamental importance. If Congress were to abdicate its function, and regard itself as a mere vehicle for the placing of the question before the State Legislatures, all this would be swept away; for it is obvious that nothing of the kind would take place in the scattered proceedings of the forty-eight State Legislatures, each charged with but a small share in the responsibility of the decision, and taking it up at odd times, determined perhaps by chance, perhaps by some clever and unnoticed maneuver.

Inequality of Representation. And in addition to these broad considerations there are two circumstances of a peculiar nature which greatly add to the imperativeness of the duty of Congress to pronounce its own deliberate judgment on any proposed amendment to the Constitution. One of these turns on the gross inequality with which the population of the country is represented in the count of State Legislatures. Nevada, with 80,000 population, counts for as much as New York, with 9,000,000; and, in fact (by the Census of 1910), the twelve most populous States in the Union have a population of 51,000,000, while the other thirty-six States—three-fourths of the whole number—have only 41,000,000. The House of Representatives is the only place, in the whole process of passing an amendment, where the people are represented even approximately according to their number.

No Time Limit Fixed. The other circumstance is still more important. There appears to be no limit of time for the ratification of an amendment by a State Legislature. It might easily happen that these ratifications were gradually accumulated at odd times until the requisite three-fourths was obtained, and yet that there was no one time when three-fourths of the Legislatures in actual existence were in favor of it. If Congress is to stand aside, the whole question of the adoption of an amendment becomes a haphazard affair, devoid of almost every feature belonging to a real test of public sentiment. If we are to preserve our fundamental law from all sorts of unpredictable danger, we must adhere firmly to that view of the conditions requisite to effecting a change in it which is prescribed alike by the language of the Constitution and by the plainest considerations of reason and justice.

Individual Responsibility. Take, again, the case of the treaty-making power. The President's power to make treaties is limited by the necessity of ratification by the Senate; but would any one dream of asking him to waive his own judgment in relation to a proposed treaty, and simply "submit the question" of its adoption to the Senate? In all these matters, the primary and fundamental responsibility rests with the body, or the individual, that takes action on the subject in the first instance; the ratifying power is secondary, designed to provide an additional safeguard against error, and not at all to absolve from responsibility those who are charged with the duty of the primary decision.

Public Attention Centered. Not only is this the actual fact in regard to the amendment of the Federal Constitution, but it is manifestly what ought to be the fact. It is only in Congress that the merits of a pro-

posed change in the Constitution of the United States can be discussed on the large lines which are appropriate to such a question, and with a thoroughness commensurate with its importance. It is only when the subject is before Congress that public attention can be adequately centered upon it. The importance of the action then pending is so plain that the persons opposed to it, the persons in favor of it, and the persons whose judgment has not been formed, are alike upon notice to fix their attention on the question. It has a chance of receiving its due share of notice in the press. The various stages of its parliamentary progress are followed with keen interest.

GERMAN OFFICERS AT DINNER



—Photo by Paul Thompson, N. Y. The men above are in the Crown Prince's Army in their quarters in a small town on the heights before Rheims.

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